

Suzi Mackenzie – Counselling, Supervision and Focusing Training



Focusing – a tool for self-care, exploration and growth

Online offerings: April to July & Focusing with a Life Issue 4 week course

I still have spaces on **Focusing with Stress and Overwhelm this Friday** as well as a range of other two hour workshops, if you're looking for a brief taste of Focusing. If you want to learn Focusing and experience the Focusing-Listening partnership I have another **Introduction to Focusing** weekend in June. If you want to go deeper with Focusing and apply this invaluable skill to an issue in your life I will be running the **Focusing with a Life Issue course** again in June (see next page). It's looking likely that I will run my next ten day **Skills Certificate in Focusing online** from September – if you'd like more information or to make an early expression of interest for a place do get in touch. I'm looking to return my day long workshops to in person in Brighton from 2022.

Focusing with Stress and Overwhelm – Friday 30th April 12.30-2.30pm - £25

Get a taste of the Focusing process and experience how this practice can assist us living with difficult experiences. Learn how you can support yourself through developing your inner relationship. Cultivate an approach of embodied inner listening and empower yourself to get the space you need around your feelings. This workshop can apply to Focusing for personal use or work with clients.

Focusing with our Dreams – Friday 21st May 12.30-2.30 - £25

Explore how Focusing can open up different aspects of your dreams and help you utilise the growth potential within them. You will have the opportunity to bring actual dreams and see them through the 'lens' of your embodied experience as well as looking at what we have to learn from parts and opposites in our dreams.

Introduction to Focusing – 10-5 Saturday 5th June - £65 (whole weekend discounted at £120)

What is Focusing? What is the felt sense? You will be introduced to the Focusing process and the particular way of Focusing Listening. This highly experiential workshop will help you learn to listen to your body and trust the wisdom it can share with you. After this series you can go on to do a second part of the Intro and/or the BFA Skills Certificate in Focusing.

Introduction to Focusing - day two – 10-5 Sunday 6th June - £65 (whole weekend discounted at £120)

Get more practice of both the Focusing and Listening role and learn about the different ways we process our experience and how we may approach Focusing differently depending on our 'processing style'. You will also experience the practice of Clearing a Space, which can be part of the Focusing process or used as a standalone process for managing overwhelm.

Intro can be taken as one day or whole weekend. Weekend gives skills needed to register for the BFA's 'Focusing partnership pool'. Day two required to do BFA Skills Certificate in Focusing. Whilst people can find Zoom tiring, with Focusing workshops, people find they feel refreshed, enlivened or spacious by the end of the day. The workshops are highly experiential, with plenty of breaks and chance to stretch and move.

Focusing with our Inner Critic – Thursday 17th June 6.30-8.30pm - £25

Our critical voices can have a huge impact on us, making us feel bad and preventing us from doing what we want to do. Explore the presence of inner criticism in your life and through a Focusing approach learn how to work with your critic to feel better, move forward and enlist the support of your critic.

Focusing on Relating and Relationships – Saturday 10th July 10.30-12.30 - £25

Our embodied experience plays a crucial part in our way of being in the world, and our way of being in relationships. Explore your own experience of the relationships in your life and the role your body plays in the way you relate to others. Experience how a Focusing approach may enrich your way of relating and open new possibilities.

TO BOOK/ FOR MORE DETAILS

<http://www.suzimackenzie.com/focusing---short-online-courses.html>

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Focusing with a Life Issue: Four Week Personal Development Course

Thursdays 12.00-2.30pm 24th June, 1st, 8th, 15th July - on Zoom - £120 – maximum 6 people

Take the opportunity to work on an issue in your life with the support of the Focusing process in a **small regular online group**. You might want to, for instance, **improve your self-esteem, work on a relationship issue, break a habit or consider a life choice**. The course will expand your knowledge of Focusing, enrich your Focusing practice and deepen your connection with yourself and others. The **taught aspects** on our relationship with ourselves and what holds us back in life, along with the **group sharing** will compliment your **Focusing partnership practice** on the course to help you work on your chosen issue. An **optional discounted one to one Focusing session** enhances the process further.

If you have experienced Focusing before you will know the power that this natural process has to help us get in touch with our inner knowing. If you don't have prior experience of the Focusing-Listening process you can join the group on completion of a one to one session with Suzi. Focusing with a life issue can help you get a clearer sense of how your body wants you to live forward with this issue. Listening in to your holistic sense of yourself in your life can bring a fresh sense of the issue and of your unique process towards shifting it.

Develop your ability to be present with yourself, get familiar with your parts and notice how they interact. Develop the life practice of listening inside in a compassionate, embodied way which welcomes all aspects of your experience. Experience how being present with your all your inner parts can help you unlock their potential to work together.

Week one: Developing Presence

Developing our ability to be present with ourselves is the key to feeling able to manage our difficult emotions and experiences in life. From a place of grounded presence we can be with the different aspects of our inner experience in a way which supports them, allows us to learn from them and make progress with life issues. This is the foundation for the rest of the series.

Week two: Working with our parts

We all host a range of parts inside us – these inner aspects of ourselves serve a purpose and can move and change over time. Being identified with a part can lead to problems in our lives. We may push away or shutdown certain aspects of our experience, or become overwhelmed by them. Learning to listen to these parts with balance helps us know what the *whole* of us needs.

Week three: Working with what's stuck

Many persistent life difficulties relate to a sense of something being stuck. You will learn why you might not seem to progress, whatever you try, and how inner listening can help get your life energy unstuck and moving forward.

Week four: Working with lesser known parts

Often parts of us that we are not aware of or in touch with can have a big influence on our lives. You will gain more understanding of your relationship with these parts and explore how beginning to make contact with them can help you move forward.

Optional discounted one to one Focusing session at the beginning of the course to help you hone in on the issue you wish to work with or at the end of the course to help you consolidate what has emerged throughout the course. A combination of the group work and one to ones will enhance your experience.

Discounted one to ones (£40) should be booked early to ensure availability. Additional one to ones (£50) can also be scheduled to supplement the experience further.

If you have any questions about the course, or about whether you have suitable experience to join, do get in touch. As a rough guide, if you have taken part in a day's Introduction to Focusing or had a one to one session either of which included taking both the role of Focuser and Listener, you will be able to join, but other appropriate experience will be considered.